

## 1Hawaiian Chicken Salad5

Number of Servings: 5 (206.36 g per serving)

Amount	Measure	Ingredient
3.00	cup	Chicken, broiler/fryer, breast, w/o skin, rstd
1/2	cup	Celery, fresh, diced
1.00	Tbs	Spice, onion, minced, dehyd
1/8	tsp	Spice, pepper, white
1/2	cup	Salad Dressing, Miracle Whip, light, super easy squeeze
1 1/4	cup	Pineapple, crushed, w/juice, cnd
1 1/4	cup	Grapes, fresh

### Nutrients per serving

Nutrition Facts		
Serving Size 1 cup or 2 level #8 scoops serving (206g) Servings Per Container		
Amount Per Serving		
Calories 240	Calories from Fat 60	
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 80mg		27%
Sodium 300mg		13%
Total Carbohydrate 18g		6%
Dietary Fiber 1g		4%
Sugars 15g		
Protein 26g		
Vitamin A 2%	• Vitamin C 15%	
Calcium 2%	• Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

### Notes

- \*Chill pineapple, washed grapes and celery the day or more before.
- \* Dice cooked chicken into bite-sized pieces and measure to amount called for in recipe
- \* Do Not Drain crushed pineapple for this recipe
- \* Remove grapes from stems, wash and measure

Combine diced chicken other ingredients until well mixed. Return to refrigerator until serving time.

Potentially Hazardous Food: Food Safety Standards: Hold food for service at an internal temperature at or below 40 degrees F.

1 serving = 1 cup or 2 #8 scoops/serving

1 serving = protein plus 1 serving fruit/veg

1 serving = 18 grams carbohydrate = 1 carb serv